



SUPPORT GROUPS

Afghan Women's Support Group

Women discuss daily challenges and learn to make jewelry.

Sponsor: Afghan Coalition

When: Tuesdays, 1 - 3 p.m.

Where: FRC #D460

Contact: Seema Farhad, 510-745-1680

Fremont Yoga for Kids with Special Needs

A class to help kids with special needs cultivate a habit of exercising, stretching and meditation so that they acquire skills to ease anxiety levels and practice self control. For kids 7 years and older who have special needs.

Sponsor: Friends of Children with Special Needs & 4C's

When: Fridays, 4:30 - 5:30 p.m.

Where: FRC #H800, Pacific Room

Contact: Daisy Teng, 510-739-6900

Autism Support Group

For parents of children 0-8 years old who have ASD.

Sponsor: Family Resource Network, 4C's of Alameda County & First 5 Alameda County

When: 3rd Wednesdays, 6:30-8pm

Where: FRC #C320, Enterprise Room

Contact: Family Resource Network 510-547-7322

Teen Support Group

Weekly group for teens aged 13-17 challenged by gangs, drugs or alcohol.

Sponsor: Youth on the Move

When: Thursdays, 7:30 - 9 p.m.

Where: FRC #H810, Mediterranean

Contact: Leticia Moreno, 510-472-2498



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Tri-Cities Peer Support Group for Persons with Disabilities

Drop-in peer group for persons with disabilities to share info and resources, learn about other agencies and services, and to socialize and get support.

Sponsor: CRIL

When: 1st and 3rd Tuesday of the month, 2 - 3:30 p.m.

Where: FRC #H810, Mediterranean

Contact: CRIL, 510-794-5735

WRAP - Wellness Recovery Action Plan Group (PEERS)

Weekly group for mental health/dually diagnosed clients.

Sponsors: Tri-City Community Support and PEERS (Peers Envisioning and Engaging in Recovery Services)

When: Fridays, 3 - 5 p.m.

Where: FRC #H810, Mediterranean

Contact: 510-795-2478



WORKSHOPS

Afghan Coalition

ESL Classes for Afghan women who are victims of domestic violence.

When: Wednesdays, 11:00-1:00pm

Where: FRC Suite D460

Contact: Seema, 510-745-1680

ESL Classes for men

When: Thursdays, 9:45am - 11:45am

Where: FRC, Suite D460

Contact: Seema, 510-745-1680



Community Resources for Independent Living (CRIL)

Housing Workshop for Persons with Disabilities

An introduction to the process of searching for below market rate rental housing in the county. Come and get tips, advice and support to help start your search. Open to persons with disabilities and seniors and their families or caregivers. Registration required.

When: January 9, February 13 or March 12, 2012

Time: 2:00-4:00pm

Where: FRC #H810, Mediterranean

Contact: CRIL, 510-257-5943 to register & for details on meeting room

Disability Action Network

People with disabilities who work together for better health care, access, housing and other changes.
When: 1st Tuesdays, 3:30 - 5 pm
Where: Fremont Main Library
2400 Stevenson Boulevard,
Fukaya Room
Contact: Jessica, 510-881-5743

Hearld Family Rebuilding Center

Life Rebuilding Retreat (2 nights, 3 days)

When: February 17 – February 19
Where: TBD (near Newark)
Contact: 790-3366 or
email: hfrc@hearldinternational.org

Life Rebuilding Retreat Supporting Group

When: February 27, Mar 5, Mar 12
Mar 19, Mar 26 7-9 pm
Where: FRC #A120, Millennium Room
Contact: 790-3366 or
email: hfrc@hearldinternational.org

Community Child Care Council (4C's of Alameda County)

Chinese Understanding Temperament Find "Goodness of Fit" between Adult Caregivers and Children

了解天生氣質:

找到照顧者與孩子之間的合拍

When: 1/09/, 星期一, 7:00 – 9:00pm
Where: FRC #A120, Millennium Room
Contact: Iris Lin, 584-3117

Waste Reduction in Child Care Setting #1

Why and How to Set up a Program
When: 03/06, Tues, 7:00 – 9:00pm
Where: FRC #A120, Millennium Room
Contact: Linda Bringman, 584-3133
Note: Online Registration

Waste Reduction in Child Care Setting #2

Practical Suggestions, Preschool Curriculum Ideas
When: 03/13, Tues, 7:00 – 9:00pm
Where: FRC #A120, Millennium Room
Contact: Linda Bringman, 584-3133
Note: Online Registration

Chinese Children, Nature and You: Sowing the Seeds of Learning

兒童, 大自然与你-播學習的種子

When: 03/21, 星期三 7:00 – 9:00pm
Where: FRC #A120, Millennium Room
Contact: Iris Lin, 584-3117
Note: English Presentation,
Chinese Interpretation

Hot Topics for Toddlers

Biting, Toilet Learning and Separation Anxiety
When: 03/27, Tues, 7:00-9:00pm
Where: FRC #A120, Millennium
Contact: Linda Bringman, 584-3133
Note: Online Registration



FRC Family Economic Success & Legal Programs

Financial Counseling

Counselors are available to assist you with your financial planning, credit issues, credit repair, debt reduction, banking services, saving & budgeting strategies and retirement planning.
When: By appointment only
Where: FRC Suite #A110
Contact: 510-574-2020

Tax Preparation Service

Free tax assistance with filing previous years' taxes, plus IRS advocacy and resolution.
When: By appointment only
Where: FRC Suite #A110
Contact: 510-574-2020

CalFresh (formerly Food Stamps) Enrollment Clinic

Laid off or low income? Need money for groceries? Some eligibility rules were waived in Feb 2011 making it easier for more people to qualify. If you are single and make less than \$1180 a month (or

\$2,422/month for a family of four), have one U.S. citizen or legal permanent resident in your household, you may be eligible for CaFresh benefits. Call for more information or an appointment.
When: By appointment only
Where: FRC Welcome Center
Contact: 510-574-2000

Legal Aid Clinic

Monthly clinics conducted by Bay Area Legal Aid to offer referrals and advice on civil legal problems in the areas of housing, public benefits, health care access, youth justice, domestic violence with related family law issues and consumer law. Application forms available at the FRC Welcome Center and income eligibility applies. Call for info or appointment.
When: 3rd Thursday of every month
1-4pm, by appointment only.
Where: FRC Welcome Center
Contact: 510-574-2000

Tri-Cities One-Stop Career Center - EDD

Job Search Services

This is a self-directed career resource center with access to internet, computers, laser printer, phones, fax machine, and copier, plus current job openings and reference materials. Monthly Office and ProNet Workshop Calendars are available at the front desk in FRC Suite #B200.
EDD Main: 510-794-3669



ProNet is a non-profit network for professionals who are job hunting.

You must arrive 20-30 minutes before workshop in FRC Suite #B200 and check in at the front desk. **No late admissions.**